

# Take Your Child to the **DENTIST BY ONE!**

The American Dental Association and the American Academy of Pediatric Dentistry recommend that a child should go to the dentist within six months of getting their first tooth – and no later than their first birthday.



## BABY'S FIRST VISIT TO THE DENTIST

At the first check-up, the dentist will:

- Check your child for cavities
- Show you how to brush and floss your baby's teeth
- Teach you about food, drinks and habits that can cause cavities
- Talk about fluoride and how it can prevent cavities
- Check your child's bite, growth and development
- Give you information to prevent accidents as your baby grows

## HOW TO CARE FOR YOUR BABY'S SMILE



**CLEAN:** Clean your baby's gums with a damp washcloth after eating and drinking.



**BRUSH:** Once the first tooth shows up, use a soft toothbrush and water to brush your baby's teeth and gums. Brush in soft gentle circles two times a day.



**NO BOTTLE IN BED:** Don't let your baby fall asleep with a bottle of milk or sugary drinks at nap time or at night.



**GIVE WATER:** Give your child water. Do not give your child drinks with added sugar, such as soda or juice.



**DON'T SHARE FORKS, SPOONS OR FOOD:** If you put food or eating utensils in your mouth, do not put them in your child's mouth because sharing spreads germs that can cause cavities.